

## DR.URWAH ALI

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Web of Science Researcher JBJ-9649-2023



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### PROFESSIONAL TEACHING & CLINICAL EXPERIENCE

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- **Visiting Faculty,**  
**Advanced Clinical Practice Apprenticeship Program**  
*House of Wellness***August 2024 – Sept 2024**
  
- **Assistant Professor**  
*Foundation University School of Science & Technology***Sept 2016 – till date**
  
- **Lecturer**  
*Foundation University School of Science & Technology***Sept 2014 – Aug 2016**
  
- **Visiting Faculty**  
*Preston University, Islamabad***Sept 19, 2015- Jan 2016**  
**Jan 2015- May 2015**  
**Sept 2014 - Jan 2015**  
**Sept 2012 - Jan 2013**
  
- **Visiting Faculty**  
*Foundation University School of Science & Technology***Sept 2014 – Jan 2015**  
**Feb 2014 – June 2014**
  
- **School Psychologist**  
*Springboard School & College System, Rawalpindi***Apr 2009 – Aug 2014**
  
- **Clinical Psychologist**  
*Aziz Nursing Home, Rawalpindi***Feb 2006 - Oct 2010**
  
- **Clinical Psychologist**  
*Red Crescent Society, Rawalpindi***Jan 2006-June 2006**
  
- **Internship at Human Resource Department**  
*Pakistan International Airlines, Islamabad***Jun 2003-Aug 2003**

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### EDUCATION

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- **PhD Psychology**  
**(CGPA 3.95)**  
*National University of Modern Languages (NUML)***2018 - 2023**
  
- **Mphil Clinical Psychology**  
*Preston University, Islamabad***2011- 2014**
  
- **Post Magistral Diploma in Clinical Psychology**  
*Institute of Clinical Psychology, Karachi University***2004-2005**
  
- **M.Sc in Psychology**  
*National Institute of Psychology (NIP), Quaid-i-Azam University***2002-2004**

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## ONLINE PROFESSIONAL COURSES

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- **WHO/ICRC Basic Emergency Care:  
Conflict Related Injuries.** Course offered on  
OpenWHO.org, an online learning initiative of  
WHO Health Emergencies Programme *December 18, 2023*
- **Mental health and psychosocial support:  
Clinical management of rape and intimate partner violence  
in humanitarian settings (CMR-IPV-mental-health)**  
*Health Emergencies Programme, World Health Organization (WHO).* *January 8, 2023*
- **Introduction to the clinical management of rape  
and intimate partner violence in humanitarian settings**  
*Health Emergencies Programme, World Health Organization (WHO).* *January 7, 2023*
- **The Science of Generosity: Do Good...Feel Good**  
*University of Pennsylvania* *August, 2023*
- **Positive Psychology: Specialization Project:  
Design Your Life for Well-being**  
*University of Pennsylvania* *July, 2023*
- **Positive Psychology: Applications and Interventions**  
*University of Pennsylvania* *June, 2023*
- **Understanding Violence**  
*Emory University* *April, 2023*
- **Brilliant, Passionate You**  
*Wesleyan University* *March, 2023*
- **Introduction to Abnormal Psychology**  
*Wesleyan University* *February, 2023*
- **COVID Vaccine Ambassador Training:  
How to Talk to Parents**  
*Johns Hopkins University* *January, 2023*
- **Finding Purpose and Meaning in Life:  
Living for What Matters Most**  
*University of Michigan* *January, 2023*
- **Suicide Prevention**  
*Wesleyan University* *January, 2023*
- **Diabetes – The Essential Facts**  
*University of Copenhagen* *January, 2021*
- **The Science of Well-being**  
*Yale University* *May, 2020*
- **Everyday Parenting: The ABCs of Child Rearing**  
*Yale University* *June, 2020*

- **Psychological First Aid** **June, 2020**  
*Johns Hopkins University*
- **Managing ADHD, Autism, Learning Disabilities, and Concussion in School** **June, 2020**  
*University of Colorado*

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#### INTERNAL FUNDED PROJECT

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- *Served as Co-Principal Investigator (2024-2025) on an internally funded research project titled "Exploring Factors Influencing Marital Quality among Working Married Individuals" contributing to project design, execution, and reporting.*

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#### RESEARCH PROJECT

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- *Carried out research during PhD under the title, "**Paths to Posttraumatic Growth: An Interpretative Phenomenological Analysis of Reactions & Strategies of Grieved Parents**"*
- *Carried out research during M.Phil under the title, "**An Exploratory Research on Childhood Sexual Victimization & its Psychological Impacts**"*
- *Carried out research during M.Sc under the title, "**Marriage: Myths & Realities**"*

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#### RESEARCH PUBLICATION (INTERNATIONAL & HEC RECOGNIZED JOURNAL)

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- *Social Support needs for the Parents of Premature Babies. Published online in Voices Against Torture Journal (VAT) by Vancouver Association for the Survivors of Torture. Volume 3, No 2, September 2023, Pages 34-40. By Urwah Ali*  
<https://www.vastbc.ca/articles/social-support-needs-for-the-parents-of-premature-babies>
- *Grief Reactions and Suicide Bereavement in the Context of Stigma among Parents: An Interpretative Phenomenological Analysis. In Annales Médico-psychologiques, revue psychiatrique, Volume 181, Issue 7, September 2023, Pages 598-603.*  
<https://doi.org/10.1016/j.amp.2022.04.016>. By **Urwah Ali**, Tasnim Rehna.
- *Wish I could see you without closing my eyes: Thematic Analysis of dream content of grieved parents with the perspective of religious, cultural and psychological dimensions, Vol 14, No 1 (April 2021). <https://doi.org/10.11588/ijodr.2021.1.74960>.* By **Urwah Ali**, Tasnim Rehna, and Subaita Zubair
- *Perception of Post-Marriage Body Image: Pakistan Milieu. Culture & Psychology, 27(1), 96-117 (2021). DOI: 10.1177/1354067X19894935. Subaita Zubair, **Urwah Ali***
- *An Ethnographic Investigation of Women's Perception and Cognition Regarding Skin Color in Pakistan. Anthropos, 115(2), 405-416 (2020). DOI: 10.5771/0257-9774-2020-2-405. By Subaita Zubair, **Urwah Ali**, Zuba'a Akhtar*

- *The Relationship between Parental Rejection and Social Skills among Children of Single Parents. Published in European Online Journal of Natural and Social Sciences; Vol.8, No 2 (s), 2019 Special Issue on Current Approaches to Economic and Social Development ISSN 1805-3602. By Sanam Nawaz, **Urwah Ali**, Arooj Najmussaqib, Maaz Ahmed, Tasnim Rehna*
- *Management of Bipolar I Disorder through CBT: A Case Report. Journal of Psychology & Psychotherapy Vol.6, Issue 3, 2016. By Saleha Bibi & **Urwah Ali***
- *An Exploratory Research on Childhood Sexual Victimization and Its Psychological Impacts. Published in International Journal of Psychological and Behavioral Sciences Vol:3, No:2, 2016. By **Urwah Ali***
- *Heroine Addicts: A Comparative Study of Perceived Social Support in Treatment Between Recovery and Relapse Cases. Published in Journal of Basic and Applied Sciences Vol.3, No.2, 85-87, 2007". By **Urwah Zubair** & Dr. Seema Munaf*

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## RESEARCH SUPERVISION

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### ***Supervised students of MS- Clinical Psychology program (Session 2023-2025)***

- *Spiritual And Religious Beliefs of Clients and Treatment Outcomes: Perspective of Practitioners*
- *Exploring Career Transition Narratives of Veterans*

### ***Supervised students of MS- Clinical Psychology program (Session 2021-2024)***

- *Experiences and Stress of First Time Fathers in Postpartum Period: A Qualitative Study*

### ***Supervised students of MS- Clinical Psychology program (Session 2022-2024)***

- *Exploring The Perceptions and Attitudes of Society Regarding Marital Violence*
- *Interplay of Music Absorption and Psychological Well-Being: Role of Cognitive Flexibility and Emotional Regulation Among Emerging Adults*
- *Exploring The Perceptions and Attitudes of Society Regarding Marital Violence*
- *Unveiling Lived Experiences of Jammu and Kashmir Immigrants*

### ***Supervised students of MS- Clinical Psychology program (Session 2021-2023)***

- *Exploring Maternal Mind-mindedness for Preschoolers*
- *Impact of Environmental Attitudes on Psychopathologies with the Moderating Role of Coping Strategies Among University Students*
- *Screen Addiction as an Escape: The Role of Parental Negligence in Screen Addiction Among Young Adults*

### ***Supervised students of MS- Clinical Psychology program (Session 2020-2022)***

- *Exploration of Religious and Cultural Antecedents of Perceived Stigma among Families of Suicide Survivor: A Qualitative Study*

***Supervised students of MS- Clinical Psychology program (Session 2019-2021)***

- *Prevalence of Anxiety and Posttraumatic Stress Disorder among Victims of Wildlife Attacks of District Mansehra*
- *Peer and Parental Influence as Predictors of Tendencies of Direct, Indirect Self-Harm and High-Risk Behaviors among University Students: Moderating role of Personality Traits*

***Supervised students of MS- Clinical Psychology program (Session 2018-2020)***

- *The Study of Physiological Effects of Negative Affectivity and Cortisol on the Motivation: A Meta-Analysis*
- *Factors Influencing Sense of Coherence and General Self-Efficacy among the Parents of Children with Autism Spectrum Disorder: Underlying Role of Hope*

***Supervised students of MS- Clinical Psychology program (Session 2017-2019)***

- *Study of Psychological Disturbances among Patients with Coronary Artery Bypass Graft (CABG) Surgery*
- *Peer and Parental Influence as Predictors of Tendencies of Direct and Indirect Self-Harm and High-Risk Behaviors among University Students: Moderating Role of Personality Traits*
- *Perception of Men and Women for Engaging in Extra Marital Affairs: A Qualitative Study*

***Supervised students of MS- Clinical Psychology program (Session 2016-2018)***

- *To Explore the Antecedents of Sleep Disturbance & Maternal Stress Among Mothers of Premature Babies*
- *Moderating Role of Fear of Negative Evaluation Between Social Rejection and Psychological Distress Among Different Drug Addict Categories*
- *Impact of Life Orientation on Quality of Life in Primiparous Women with Moderating Roles of Social Support and Structured Variables*

***Supervised students of MS- Clinical Psychology program (Session 2016-2017)***

- *Prevalence of Postpartum Depression and Its Link with Gender of Baby*
- *Traumatic Brain Injury: A Study of Psychological Implications and Management Regime*

***Supervised students of MS- Clinical Psychology program (Session 2014-2015)***

- *Intimate Partner Violence: Its Risk & Protective Factors*
- *Predictors of Postpartum Depression: A Meta - Analysis*
- *A Comparative Study of Emotional Problems Among Orphan & Non-Orphan Street & Normal Children*

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**PARTICIPATED & ATTENDED PROFESSIONAL WORKSHOP /  
CONFERENCES / WEBINAR**

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- *Presented [online] training workshop on Anxiety, Phobias, Grief/Loss Unresolved, on September 5, 2024. Organized by House of Wellness (HOW), DHA-II, Islamabad.*

- *Attended 3 days intensive training workshop on Enhancing Psychotherapeutic Skills (NLP), organized by Department of Psychology, Foundation University School of Science and Technology (FUSST), from September 3-5, 2024*
- *Presented [online] a 2-Day Long Certified Training Workshop on Projective Psychodiagnostics – House Tree Person (HTP) and Thematic Apperception Test (TAT). Held on August 15, & 20, 2024. Organized by House of Wellness (HOW), DHA-II, Islamabad.*
- *Attended training workshop on “Selected Art Therapy Techniques“, on August 16, 2024, organized by Department of Clinical Psychology, Shifa Tameer-i-Millat University (STMU), Islamabad.*
- *Attended 3 days training workshop titled “Assurance of Learning“ organized by the department of Quality Assurance on August 8, 9, & 19, 2024 from 9:00 AM to 3:00 PM. Venue: Conference Room, Foundation University College of Dentistry & Hospital.*
- *Attended 2 Days workshop on "Management & Leadership Skill Development", organized by Professional Development Center (PDC), on July 23rd and 24th from 9:00 AM to 3:00 PM. Venue: Foundation University School of Science and Technology (FUSST).*
- *Attended seminar on Impact of Trauma on Children and Adolescents, by Dr.Shaista Waqar, organized by National Institute of Psychology (NIP) on May 20, 2024.*
- *Attended webinar on Understanding NSSI and Predictive Factors for Suicide, organized by American Psychological Association (APA) on May 17, 2024. .*
- *Organized Open House of Department of Psychology, on May 7, 2024, Venue: Foundation University School of Science and Technology (FUSST).*
- *Attended webinar on Artificial Intelligence and Psychological Research: Can AI Replace Human Participants?, organized by American Psychological Association (APA).*
- *Attended online skill-based training on 'Building Peace and Addressing Polarization", in April 2024, organized by National Institute of Psychology, Quaid-i-Azam University.*
- *Attended virtual training session on Role of Collaborative Efforts to Deal wth Addiction, held on March 31, 2024, organized by Hometown Community Foundation (HCF)*
- *Arranged and attended 1 day training workshop on Psychological First Aid, held on February 27, 2024. Venue: Foundation University School of Science and Technology (FUSST).*
- *Attended seminar on Content Analysis, held on February 21, 2024, organized and given by Prof.Dr.Iffat Rohail, Department of Psychology, Foundation University School of Science and Technology (FUSST).*
- *Attended 1 day online Master class on Psychopharmacology, held on January 18, 2024, organized by House of Wellness (HOW). Venue: DHA-II, Islamabad.*
- *Attended Webinar on Efficacy and Clinical Implementation of TMS, ECT and Ketamine, organized by American Psychological Association (APA) in collaboration with McLean on, held on March 11, 2023.*

- *Attended Webinar on Youth Mental Health: Assessment to Intervention, organized by American Psychological Association (APA) in collaboration with Pearson on, held on January 12, 2023.*
- *Attended Webinar on Turnitin: AI Detection Session 3, organized by Turnitin in collaboration with Higher Education Commission, held on December 22, 2023.*
- *Arranged and attended seminar on Exploring the Neuroscience of Addiction, held on November 29, 2023, organized by Department of Psychology (FUSST).*
- *Attended 1 day training workshop on Registration of Clinical Trials and Systematic Reviews: Procedure and Importance, held on October 25, 2023, Foundation University College of Physical Therapy (FUCP).*
- *Attended 1st International Conference on Suicide in Young People: Strategies for Prevention, organized by Fatima Jinnah Women University (FJWU) and Pakistan Institute of Living and Learning (PILL), held on September 26<sup>th</sup>, 2023*
- *Attended 1 day training session on Outcome-Based Education (OBE), held on July 20, 2023, Foundation University School of Science & Technology (FUSST).*
- *Presented paper “Grief from Suicide & Homicide Comes not in Waves but Tsunami: A Comparative Study demonstrating Similarities and Differences”, in 6th International Conference on ‘Suicide: Failure of Individual or Humanity?’ held on January 4, 2023, at School of Professional Psychology, UMT Lahore.*
- *Attended Webinar Series: Suicide Prevention & Intervention III “Aid to the Grievs”, organized by Psychology Services Unit (PSU), held on September 15, 2022.*
- *Attended E-Workshop on “Basic Counseling Techniques”, organized by Pakistan Institute of Living and Learning (PILL), held on August 27, 2022.*
- *Attended E-Workshop on “Reviewer Workshop: How to get the most out of being a reviewer of scientific articles”, organized by Elsevier APAC, held on August 10, 2022.*
- *Presented paper “You can Choose to Drown in the Wave of Grief or Become a Better Surfer: Interpretative Phenomenological Analysis of Strategies of Grieved Parents”, in 9th International Virtual Conference on ‘Trauma, Abuse, and Violence: Thriving for a World without Torture’, held on July 23rd, 2022, at National Institute of Psychology, Quaid-i-Azam University, Islamabad.*
- *Attended One Day Training Program on “Self-Assessment Report (SAR) writing Skills, organized by Department of Quality Assurance (DQA)ORIC, held on 28 September 2021, FURC.*
- *Presented a Day Long Certified Training Workshop on Projective Psychodiagnostics: House Tree Person Test (HTP), Human Figure Drawing Test (HFD), Thematic Apperception Test (TAT). Held on October 2, 2021 (Saturday). Organized by House of Wellness (HOW), Venue: DHA-II, Islamabad.*

- *Presented a Day Long Certified Training Workshop on Projective Psychodiagnostics: House Tree Person Test (HTP), Human Figure Drawing Test (HFD). Held on July 13, 2019 (Saturday). Organized by House of Wellness (HOW), Venue: DHA-II, Islamabad.*
- *Presented a Day Long Certified Training Workshop on Projective Psychodiagnostics: Thematic Apperception Test (TAT), Children Apperception Test (CAT), Rotter's Incomplete Sentences Blank (RISB). Held on February 22, 2020 (Saturday). Organized by House of Wellness (HOW), Venue: DHA-II, Islamabad.*
- *Attended 4 Days Training Workshop on "Conducting & Supervising Research, under ORIC, held on 27 – 30 August, 2019, FURC.*
- *Attended 3 Days Comprehensive Training Workshop on Psychological Intervention for Clients with Complex Mental Health Needs; Evidence Based Interventions. Organized by Department of Applied Psychology, National University of Modern Languages (NUML), Presented by Prof. Dr Ghazala Rehman.*
- *Advanced OCD Treatment – ERP, held on 5 – 6 August 2019, at London Psychology Centre, UMT Sialkot.*
- *5 Days Workshop on "Emerging Trends in Research", held on 8 – 12 August 2016, FURC.*
- *Relationship between Test Anxiety & Academic Achievements among Male & Female Students. Paper presented in National Conference on Mental Health (NCMH-2016) "Latest Trends of Research in Psychology ", at GC University Faisalabad, from 28-29 April, 2016. By Andleeb Rehman & **Urwah Ali***
- *Impact of Perceived Social Support on Perinatal Grief among Women who Experienced a Miscarriage. Paper presented in International Conference on the topic of "Emerging problems of the developing countries: Indigenous Responses and Way Forward", at Shaheed Benazir Bhutto Women University Peshawar from 15-17 March 2016, Peshawar. By Kashmala Zaman, **Urwah Ali** & Dr. Humaira Jami*
- *"Literature Review, Citation & References", by Quality Enhancement Cell (QEC), FURC, 8 November 2015.*
- *"Structural Equation Modeling Using Amos", by Quality Enhancement Cell (QEC), FURC, 26-28 August 2015.*
- *"Global Medicine & Civilizations", by Medfest, Foundation University Medical College, 23 April 2015*
- *"Women Managers: Beyond Policy Making Leading to Implementation, Assessment and Accountability", Preston University, 2012.*
- *"Drug Addicts Treatment and Rehabilitation", Institute of Clinical Psychology, University of Karachi, 2005.*
- *"Time Management", Institute of Clinical Psychology University of Karachi, 2005.*



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## AWARDS / PRIZES

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### *Awarded*

- *Certificate awarded by American Psychological Association (APA) for reviewing 2 manuscripts for Psychological Trauma: Theory, Research, Practice, and Policy (January 23, 2024)*
- *“Teacher’s Punctuality Award” (June 22, 2013, Preston University, Islamabad)*
- *“Teacher’s Efficiency Award” (June 22, 2013), Preston University, Islamabad)*
- *“Best Student Counselor Award” (Jan 18, 2014)*
- *“Long Service Award” (Dec 17, 2011)*
- *“Dependable & Trustworthy Teacher Award” (Dec 2012).*

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## SKILLS

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- ***Journal Reviewer: Psychological Trauma: Theory, Research, Practice, and Policy***
- ***Member, Australian & New Zealand Mental Health Association (Member Number: 17559)***
- ***Member, National Center for Institutional Diversity (NCID) at the University of Michigan (U-M).***  
<https://lsa.umich.edu/ncid/people/ncid-diversity-scholars-network.detail.html/NCID-2995.html>
- ***Member, American psychological Association (APA) (ID: C2204081576)***
- ***Proficient in MS Office 2023, Adobe Photoshop Elements 10, Interpretative Phenomenological Analysis, Thematic Analysis, Comprehensive Meta-Analysis Software (CMA).***
- ***Proficient in English and Urdu.***